

Beacon Hill Academy Personal Development Programme



Relationships & Sex Education (RSE), Relationships Education, Relationships and Health Education (PSHE) Curriculum Overview

DAT Aims	High Quality Inspirational Education	Instil ambition and desire, equipping learners to succeed in a challenging world	Open their minds and widen their horizons
----------	--------------------------------------	--	---

Core Values	Dreaming Big	Rewarding Effort	Leading Together	Respecting each other and the world	Learning that Inspires
-------------	--------------	------------------	------------------	-------------------------------------	------------------------

Term 1						Term 2						Term 3					
Relationships and Sex Education & E-Safety						Health and Wellbeing						Living in the Wider World					

Bullying	Sexual consent	Relationships & Managing Friendships	Forced Marriage	Racism, Radicalisation and Extremism	Respect	Parenthood & Teenage Pregnancy	Online/ Safety	Personal Hygiene	Emotional Health	Healthy Eating	Diet and Exercise	Drug Awareness	Mental Health	Media Influence	Mutual Respect and Human Rights	Equality, Diversity and Religion	Law	Faiths and Beliefs	Democracy and Right to Vote	Liberty	Economic Wellbeing	Growth Mindset and Resilience	Rights, Rules and Responsibilities
----------	----------------	--------------------------------------	-----------------	--------------------------------------	---------	--------------------------------	----------------	------------------	------------------	----------------	-------------------	----------------	---------------	-----------------	---------------------------------	----------------------------------	-----	--------------------	-----------------------------	---------	--------------------	-------------------------------	------------------------------------

Careers (CIEAG)							Careers (CIEAG)							Careers (CIEAG)						
-----------------	--	--	--	--	--	--	-----------------	--	--	--	--	--	--	-----------------	--	--	--	--	--	--

What is bullying? Can it recognise behaviour that is bullying?	Identity, physical changes as you grow, ways to manage these changes	How feelings change as we grow		What is Racism	How to get on and how to get to know other children in my class		E-safety and benefits of the internet	What is personal Hygiene	What happens when we feel down	What is a healthy diet	Why is varied and balanced diet important	What are drugs - and what happens when they enter my body?	What causes ill health		Why is school important to my career	How can I show respect for different views, lifestyles and beliefs	Ethics and Morals	Why do we have laws in our country	Different religions	What are the basic rights of children and adults in the UK			What is Growth Mindset	Learners learn about their own identity
How does bullying make someone feel. Do I know what to do if I am being bullied.	Human Reproduction	Ways to build confidence to cope with changes		What to do if you see, hear or experience racism	How can I make someone feel welcome		Cyberbullying and sexting	How do I keep my body clean	What can contribute to mental health - positive and negative	Facts about different foods	How can I achieve a healthy energy balance	What makes drugs illegal, how do they make people feel and what do they do	Common illnesses		What role does school play in my career	Diversity and communities	Are there places or times when I have to behave differently	Celebrating diversity and learning about different cultures and customs	What does a Democratic society mean			What is Resilience	What makes up my identity and that of other people	
How can you stop bullying and what does my school do to help me keep safe and have positive relationships.	Body shapes	Boys and Girls- what's the difference, Equal respect			How can I help other people feel better		How can I stay safe online.	When am I in charge of my actions and my body	What do we mean by mental health	How am I responsible for a healthy lifestyle	How does physical activity help me	What is addiction - physical and mental	Roles of medical professionals		EMI		What are the similarities between me and others		What are voices and why are they important			The benefits of being ambitious and enterprising at school	What are the different identities locally and in the UK	
Why do some people get bullied - can I understand the reasons	Similarities and differences between genders	Consider a range of situations related to gender and stereotypes			What do I know about how to solve problems		Social media	How can I stop common illnesses and disease from spreading	What does being healthy mean and what are the benefits	Who takes drugs, what sort of drugs, where do users get the drugs from and does this link to crime						What do I understand about my culture and beliefs and those of other people.		How does democracy work in our school, community and in our country			Skills and qualities required to engage in enterprise, including seeing opportunity.	Why do we need rules at home and at school?		
Where might bullying happen in school	LGRTQ	What are relationships. To understand the effects negative friendships can have mentally on their life long journey					Consider the effect your online actions have on others					What are medicines and why do some people use them				How do we care for animals		What do councils and councillors, parliament and MPs do			What skills are needed as a learner, preferred style of learning and to develop study habits.			
		Expectations of a boyfriend and girlfriend										How can I keep safe from harm if I come across risky substances				How can I look after the school environment						Importance of organisations skills leading to excellent work and reward.		

What is discrimination	What is contraception. Types of contraception	How can people be affected by prejudice and how might this be challenged		Consequences of Gang and Peer Pressure			Cybersecurity, social media	Personal hygiene, bacteria and viruses - what does this include and how can it be prevented	How can bullying affect people's behaviour and wellbeing	How can I plan, prepare and cook healthy meals	What are the advantages and disadvantages to a healthy lifestyle	History of drugs - from when? How long? How and what they become today?	Dealing with Long term sickness		What are your goals and aspirations	Ethics and Morals		Respect, mutual respect and tolerance in society	Can I take part in a debate and listen to other people's views			How can I persevere and help others to do so	What do we mean by rights and responsibilities
How to respond to discrimination against your responsibilities towards others who are experiencing discrimination	What advice could you give to young people wanting to learn about contraception	Why are friends important		Knife Crime			Social networking	Dental health, causes of tooth decay and the benefits of good oral hygiene and flossing	What does normal mental health look like	Why is a varied diet important	What medical conditions or ill health is caused by a poor diet or exercise	Laws relating to possession and dealing. Sentencing e.g. juvenile and adult		Employability skills	Diversity and communities		To identify stereotypes, examples and how this can cause damage/had to discrimination against certain people	How do we make democratic decisions in the UK				To recognise failure as part of life long learning and know ways of managing resilience	What are my responsibilities at home and at school
	Meaning of STD and HIV	Positive friendships are important in our lives		Recognising the signs of those vulnerable to gang violence, our responsibilities and how to access help and support.			The benefits of balancing time spent on offline and the impact positive/negative content online	Dealing with Anxiety, depression and worrying and how to get support	How different foods can affect the body		Infectious diseases using and sharing drugs			What pathways can you take to achieve your goals	What are the similarities between me and others								
	Fertilisation and Pregnancy	Friendships can cause strong feelings and emotions					Consider the effect your online actions have on others			What are the benefits to a healthy lifestyle		Commonly found symptoms in drug users, symptoms and prognosis, treatment				What do I understand about my culture and beliefs and those of other people.							
	Influences on boys and girls as they grow	Consider different levels of intimacy and their consequences					Why social media, some recover games and online gaming is age restricted					How to cope with drugs - friends and family, Peer pressure				How do we care for animals							

Year 7 (LEVEL 1)

Year 8 (LEVEL 2)

Year 7 (LEVEL 1) AWARD

Year 8 (LEVEL 2) AWARD

College Applications	The age of consent, Contraception	Relating to others - different types of relationships	When relationships go wrong - unhealthy and damaging	What is radicalisation? What is extremism?				About stress, its causes and recognising stressors		Drugs as a way of life - dealers and suppliers	Safe and unsafe exposure to the sun (tanning) how to reduce the risk of sun damage and skin cancer	Media and body image, How issues of body image in the media affect people's health
Apprenticeships and work related learning	Teenage pregnancy	Factors that make relationships successful or difficult,	Laws that support people in unhealthy relationships including forced marriage and FGM	Concept of intolerance and racism including concept of shame and honour based violence				How to recognise the early signs of mental wellbeing - anxiety and depression		Professional users such as athletes	Benefits of regular self examination - testicular and breast examination	Whether males and females feel differently about body image
College courses	Factors that contribute to safer sex	The changing roles within your relationships	What social problems contribute to forced relationships and marriage					Managing loss, positive ways of dealing with it and where to get help		Moral and ethics & drugs - cheating ourselves, family and friends.	organ and blood donation	How the 'selfie model' is used to sell things to us
Employability skills	Choices faced by young people when they have unplanned pregnancy	The place of rights and responsibility in relationships	Marriage and cultural differences including abuse in marriage							Impact of drugs on us in the work place and loss of income, promotion		
CV writing, Personal statement	Expectations of a boyfriend and girlfriend	Exploitation in relationships, Agencies that offer help and support				Talks from colleges and employers				Quality of life and expectancy of dealing and using drugs		
LEP										A debate on the legislation of drugs in UK, Europe and globally		
Revision skills												

Year 11 exam focus